# Regulations

OF THE

# Board of Health

OF

# Arlington, Mass.

1914

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## Board of Health:

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# REGULATIONS *of the* BOARD OF HEALTH

*of* ARLINGTON, MASSACHUSETTS

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IN BOARD OF HEALTH,
TOWN OF ARLINGTON, MAY 6, 1914.

*Whereas*, It is the opinion of the Board of Health of the town of Arlington, and it does hereby adjudicate, that the following regulations are necessary for the public health and safety, respecting nuisances, sources of filth, and causes of sickness, and for the suppression and the prevention of the spread of contagious diseases among domestic animals within the town of Arlington; now therefor it is

*Ordered*, That the following regulations, designated respectively as Chapters 1 to 18, both inclusive, be and hereby are made and adopted, and all regulations previously adopted by this Board are hereby repealed.

## CHAPTER I.

### COMMUNICABLE DISEASES.

SECTION 1. *Diseases Adjudged Dangerous to the Public Health.* It is adjudged that the diseases known as actinomycosis, anterior poliomyelitis,

Asiatic cholera, cerebro-spinal meningitis, diphtheria, glanders, leprosy, malignant pustule, measles, German measles, ophthalmia neonatorum, plague, pellagra, scarlet fever, smallpox, tetanus, trachoma, trichinosis, tuberculosis, typhoid fever, typhus fever, varicella, whooping cough, yellow fever, erysipelas, pneumonia, rabies, tonsillitis*, and mumps*, those marked by star being designated by local regulation, are infectious or contagious and are dangerous to the public health and safety, and may be contracted from persons or apartments, or at funerals of persons dying from these diseases, and that the following provisions of this chapter are necessary for the public health and safety in regard to said diseases.

SECTION 2. *Householder to Give Notice.* When a householder knows that a person within his family or house is sick with any disease specified in Section 1, he shall immediately give written notice thereof to the clerk of the Board of Health.

SECTION 3. *Physician to Give Notice.* Every physician having knowledge of the existence of any cases of the diseases mentioned in Section 1 shall make report in writing to the Board of Health within fourteen (14) hours. An immediate report by telephone will be required in addition in cases of persons affected with scarlet fever, diphtheria or smallpox.

SECTION 4. *Quarantine of Persons Suffering With Contagious or Infectious Diseases, or Those Exposed to Such Diseases.*

***Diphtheria:***

*Patient.* Until nose and throat are clear and two successive cultures at three (3) day intervals have been obtained from both nose and throat; the last culture to be taken by some person designated by the Board of Health.

*Other Children.* Until one (1) week has elapsed since last exposure, unless immunized by antitoxin, and after two (2) successive negative cultures from both nose and throat.

*Other Members of Family.* May attend to business after one (1) negative culture, unless engaged in the handling of food.

***Scarlet Fever:***

*Patient.* Quarantined for a minimum period of five (5) weeks; and thereafter during persistence of lesions of nose, throat, ears or skin.

*Other Children.* Until one (1) week has elapsed since last exposure, unless immunized by previous attack of the disease.

*Other Members of Family.* May attend to business, unless engaged in the handling of food.

***Measles:***

*Patient.* Quarantined until ten (10) days have elapsed since beginning of eruption.

*Other Children.* Excluded from school for two (2) weeks from date of last exposure, unless previously immunized by an attack of the disease.

*Other Members of Family.* Allowed to attend to business.

***German Measles:***

*Patient.* Isolated for seven (7) days after appearance of eruption.

*Other Children.* Not excluded from school.

*Other Members of Family.* May attend to business.

***Chicken-pox:***

*Patient.* Shall be isolated during presence of skin or mouth lesions.

*Other Children.* Excluded for three (3) weeks after last exposure to the disease unless immunized by previous attack of the disease.

*Other Members of Family.* May attend to business.

***Whooping Cough:***

*Patient.* Shall be isolated for a minimum period of three (3) weeks and thereafter as long as the paroxysmal stage persists.

*Other Children.* Excluded from school until two (2) weeks have elapsed since last exposure unless immunized by previous attack of the disease.

*Other Members of Family.* May attend to business.

***Mumps:***

*Patient.* Isolated for three (3) weeks.

*Other Children.* Excluded from school for two (2) weeks from last exposure unless previously immunized by an attack of the disease.

*Other Members of Family.* May attend to business.

***Typhoid Fever:***

*Patient.* Isolated until recovery and until urine and feces are free from bacilli.

*Other Children.* Excluded from school for two (2) weeks from last exposure unless immunized by previous attack or by typhoid vaccine.

*Other Members of Family.* May continue at their usual occupations except those engaged in handling food.

***Ophthalmia:***

*Patient.* Isolated until purulent discharge has disappeared and two (2) successive cultures negative for gonococci at twenty-four (24) hours interval have been obtained.

SECTION 5. *Dwelling to be Labelled.* Every dwelling where a case of smallpox, scarlet fever, diphtheria, cerebro-spinal meningitis, leprosy, measles, epidemic septic sore throat, yellow fever, typhus fever, or Asiatic cholera is known to exist shall be immediately conspicuously labelled at its entrance with a card furnished by the Board of Health for that purpose, bearing the name of the disease there existing; such card there to remain until removed by the Board of Health or its agent, or by permission of said Board. The Board of Health may in special cases permit such card to be placed upon interior apartments only.

SECTION 6. *Label Not to be Removed or Persons to Visit Dwelling.* No person shall, without permission from the Board of Health, remove from any dwelling in said town any card affixed thereto

by said Board, or its agent, or any other person, indicating that any of the diseases mentioned in the preceding section exist in said dwelling, nor shall any person obliterate or deface such card; nor shall the occupant of any dwelling to which such card may be affixed permit the same to be removed, obliterated, or defaced without immediately notifying said Board; nor shall any person, except members of the immediate family occupying the same, and those whose business calls them there, visit or be permitted by the householder, or any other occupant thereof, to visit a dwelling labelled with a card as aforesaid, without the written permission of said Board.

SECTION 7. *Property Not to be Removed, or Residence Changed or Library Books Taken.* No person shall remove or permit to be removed from any house or apartment upon which the card has been placed, as provided in Section 3, any clothing, books, or other property without a permit from the Board of Health; nor after a house is established or considered as a hospital, as designated by law, shall any occupant of such house take up a residence elsewhere without such permit. No public or circulating library book shall be taken into any house or apartment whereon a card has been placed, as provided in Section 5, before the authorized removal of said card.

SECTION 8. *No Public Funeral.* No public funeral, and no funeral attended by persons other than members occupying the dwelling in which the

funeral is held, by the immediate family of which the deceased was a member, or those whose business calls them there, shall be held over the remains of any person having died of smallpox, plague, epidemic septic sore throat, scarlet fever, diphtheria, cerebro-spinal meningitis, leprosy, yellow fever, typhus fever, or Asiatic cholera, except by written consent of the Board of Health, and under such regulations as said Board may prescribe; and every householder, undertaker, or other person who shall attend or permit any funeral held in violation of the foregoing provisions of this section shall be liable to the penalty provided by law for violation of any regulation of the Board of Health. No person, except members of the immediate family of which the deceased was a member, and those whose business calls them there, shall, without the written permission of said Board, be admitted to the house where such death has occurred until after the interment has taken place and the premises have been fumigated.

SECTION 9. *Undertaker to Prepare Body and Notify Board of Health, and Burial to be Made Immediately.* In case of any person dying of smallpox, plague, epidemic septic sore throat, scarlet fever, diphtheria, cerebro-spinal meningitis, leprosy, yellow fever, typhus fever, or Asiatic cholera, the undertaker, his assistant or agent, shall immediately upon the death of such person, or immediately upon his being notified of the death or called upon to perform any services, wrap the

entire body, including the face, in a sheet saturated with a solution of one-fifth of one per cent. of bichloride of mercury, and shall immediately place it in a tight coffin or casket, which shall be securely fastened and the lid thereof sealed in two places with sealing wax; and such coffin or casket shall not thereafter be opened by any person without the written permission of the Board of Health. He shall notify the Board of Health or its agent of the time when the body is to be removed, and shall sign a certificate containing a true statement of the facts that he has complied with the foregoing provisions of this section, and shall take oath to the truth of such certificate; and he, and every other person having charge or custody or the right of disposal of the body, shall cause the burial to take place immediately, and in all cases within not more than twenty-four hours after the time of death, unless further time shall be allowed by the said Board of Health. No permit either for the burial or removal of the body shall be issued until such sworn certificate is filed with the clerk of the Board of Health, who shall thereupon, for and in behalf of said Board, certify on such permits as follows:

Satisfactory evidence having been furnished, it is hereby certified that the body has been so encased and prepared as to preclude any danger of communicating the disease (here state disease) to others by its transportation.

Board of Health of Arlington, Mass.,
By

*Clerk.*

Such body shall not be placed in a receiving tomb without permission therefor, in writing, from the Board of Health.

SECTION 10. *Patient or Body Not to be Carried in Public Carriage.* No owner, driver, or other person having charge of any hackney carriage or other vehicle used as a public conveyance shall receive, or permit to be placed, or convey in any manner, in or upon said carriage or other vehicle, any person sick or infected with smallpox, plague, epidemic septic sore throat, scarlet fever, diphtheria, cerebro-spinal meningitis, leprosy, yellow fever, typhus fever, or Asiatic cholera, or the body of any person who has died of either of said diseases, except by written consent of the Board of Health and under such regulations as said Board may prescribe.

SECTION 11. *Release From Quarantine.* A physician or other person having in his care a patient suffering with diphtheria shall report to the Board of Health the recovery of such a patient when, by the subsidence of the clinical symptoms or the development of one or more negative cultures, the patient is, in his opinion, free from the disease.

The Board of Health shall then cause one or more cultures to be taken from the nose and throat of the aforesaid patient, and said patient shall be released from quarantine when one or more of such cultures prove to be negative. When positive cultures persist, the patient may be released from

quarantine if the Board is satisfied, by inoculation experiments, or otherwise, that the bacilli are non-virulent, and that the release of the patient will not be a menace to the health of others.

A physician or other person having in his care a patient suffering with scarlet fever shall report to the Board of Health the recovery of such a patient when, by a subsidence of the clinical symptoms, the patient is, in his opinion, free from the disease. The Board shall then cause the aforesaid patient to be examined, and said patient shall be released from quarantine when, in the opinion of the Board, or its agent, he is free from the contagion.

The time and method of release of a person suffering with smallpox, cerebro-spinal meningitis, leprosy, plague, epidemic septic sore throat, yellow fever, tuberculosis, typhus fever, or Asiatic cholera shall be determined by the Board of Health.

The time and method of release of a person suffering with actinomycosis, glanders, malignant pustule, or trichinosis shall be determined by the Board of Health.

SECTION 12. No children excluded from school because of having been afflicted with any of the diseases mentioned in Section 4 shall return to school without a certificate from the Board of Health, showing complete recovery therefrom.

SECTION 13. *Fumigation.* Immediate fumigation shall be done by the Board of Health or its agent, or to their or his satisfaction, upon the death, recovery, or removal of all persons sick with small-

pox, scarlet fever, diphtheria, cerebro-spinal meningitis, leprosy, plague, epidemic septic sore throat, yellow fever, typhus fever, Asiatic cholera or tuberculosis.

Upon the death, removal or recovery of a person sick with any of these diseases, no persons except members of the immediate family of which such sick person was a member, and those whose business calls them there, shall thereafter visit, or be permitted by the householder or any other occupant of the building to visit, the dwelling in which such person was sick as aforesaid, until such dwelling shall have been fumigated.

SECTION 14. *Permit For Burial Beyond Town Limits.* In all cases of death from any disease named in Section 9, where burial is contemplated beyond the town limits, the undertaker shall apply at once for the necessary permit and certificate, and remove the body immediately from the town.

SECTION 15. *Certificate to be Shown When Conveying Body Through Town.* All undertakers or persons in charge of the remains of any person passing through the town shall, whenever requested by a police officer or an agent of the Board of Health, exhibit the certificate required by law.

## CHAPTER II.

### FUNERALS AND THE DISPOSAL OF DEAD BODIES.

SECTION 1. *Depth of Graves.* No person shall inter or cause to be interred the body of any dead person in a grave less than three feet deep from

the surface of the ground surrounding the grave to the top of the coffin.

SECTION 2. *Hours For Burial.* No person shall bury or inter, or cause to be interred or buried, the body of any dead person at any other time of the day than between sunrise and sunset, except in accordance with a permit from the Board of Health.

No person shall open a grave or remove the body of a dead person or its remains from a grave or tomb, except in accordance with a permit from the Board of Health.

SECTION 3. *Wall Draperies Forbidden.* The use of wall draperies in any room or place used for a funeral or for the preparation or retention of any human body before or in connection with such funeral is forbidden.

## CHAPTER III.

### STABLES AND THE REMOVAL OF MANURE.

SECTION 1. *Petitions For Stables.* Every person desiring to erect or occupy a stable to accommodate more than four horses in the Town of Arlington must present a petition to the Board of Health, said petition to be made out in form prescribed by the Board. A plan must be submitted with the petition, showing the proposed location of the stable on the lot, the front view of the stable, and the location of the stalls, manure pit, and ventilating shafts.

SECTION 2. *Construction of New Stables.* Every stable hereafter erected in this town shall

have a manure pit constructed of brick or stone, laid in cement, with a concrete floor at least three inches thick. The stable shall be ventilated through every floor to the roof. Between the floors there shall be four thicknesses of tarred paper, the same to be saturated with hot tar. When stables hereafter erected are to be situated on property on the line of a public sewer, the Board of Health will decide as to the advisability of the stable being connected with such sewer.

SECTION 3. *Washing of Carriages and Horses, Care of Stables and Yards, and Accumulation of Manure.* The owners or occupants of livery or other stables within the Town of Arlington shall keep their stables and stable yards clean, and no manure shall be allowed to accumulate or remain uncovered outside of the stable building. No cow manure shall be kept except in a properly drained stable or barn cellar.

SECTION 4. *Manner of Removing Manure.* No manure shall be removed or carried through the streets of this town except in a tight canvas-covered vehicle, with the covering so secured to the sides and ends of the vehicle as to prevent the manure in process of removal from being dropped or left in any street or way of the town.

## CHAPTER IV.

### PRIVY-VAULTS, CESSPOOLS, AND DRAINS.

SECTION 1. *Buildings to be Connected With Sewer.* Every building hereafter erected on a

public or private street, court, or passage-way in this town, in which there is a public sewer, is hereby required by this Board to be connected by a good and sufficient particular drain with such public sewer.

SECTION 2. *Privy-vault Not to be Connected With Sewer.* No privy-vault shall be connected with the common sewer by a drain constructed to carry off the liquid contents thereof.

SECTION 3. *Sluice-vaults Without Proper Flush of Water, Prohibited.* No sluice-vaults, so-called, or any form of so-called water closets, having no flush of water applied at the time of using, shall be constructed on any premises in this town.

SECTION 4. *Privy-vaults and Cesspools Not to be Constructed Without Permit.* No privy-vault or cesspool or overflow from either shall hereafter be constructed in the Town of Arlington without a permit therefor from the Board of Health. Said permit shall be issued only upon filing of an application on which shall be sketched the location of the buildings and any wells, springs, etc., located on the premises. They shall be constructed of fieldstone, brick or other material satisfactory to the Board, and shall not be less than six (6) feet in diameter and six (6) feet in depth and shall have iron rim and cover properly set on top of same except in case of overflows which may be entirely covered in with earth.

SECTION 5. *Water-closets, Vaults, Privies, Cesspools and Drains to be Cleansed.* Whenever

## CHAPTER XIII.

### Medical and Surgical Appliances in Factories.

Every person, firm, or corporation operating a factory or shop in which machinery is used for any manufacturing purpose, or for any other purpose, except for elevators, or for heating or hoisting apparatus, shall at all times keep and maintain, free of expense to the employees, a full set of the following articles, the same to be kept in a suitable dust proof case:

Adhesive plaster, one-inch roll and two-inch roll.
Bandages, two dozen assorted sizes, one to four inches.
Absorbent cotton, one pound.
Gauze, one package of ten yards.
Elastic tourniquet, twenty-four inches.
Safety pins, two dozen.
Splint material, four whitewood strips 30x4x$\frac{3}{16}$.
Scissors, straight, three-inch blade.
Basin, enamel.
Tablets, cor. sub. and citric acid, 100.
Carron oil, one quart.
Aromatic spirits of ammonia, four ounces.

## CHAPTER XIV.

### Sale and Care of Milk.

1. No person, firm, or corporation shall engage in the production, sale, delivery, or distribution of milk in the Town of Arlington except in accordance with the provisions of Revised Laws of Massachusetts, and of acts of the legislature additional

thereto, or in amendment thereof, and in compliance with the following rules and regulations of the Board of Health of the town.

2. Every person, firm or corporation producing, keeping or offering for sale, milk in the Town of Arlington shall annually, before the first day of June, make written application to the inspector of milk for a license, on forms prescribed by the Board of Health. No person in the Town of Arlington shall engage in the business of producing milk for sale, or in the sale or distribution of milk without a license so to do, under these regulations and such other conditions as the Board of Health may impose; and said license shall be revoked if the licensee fails to comply with the conditions of his license or the regulations of this Board. All persons having a license to sell, deliver or distribute milk in the Town of Arlington shall keep a copy of the license constantly posted in a conspicuous place on the premises, and every person using a carriage or other vehicle for the delivery of milk for the purpose of sale in the Town of Arlington shall have his name, license number, and place of business legibly placed on each outer side of such carriage or vehicle.

3. No milk shall be produced, kept, sold or offered for sale in the Town of Arlington from any cow or cows that are not properly cared for, or from any cow or cows within fifteen days before or five days after parturition, or that have not within one year been examined by competent authority and certified to be free from all diseases dangerous

to the public health; or that are kept in a stable that is not in a clean, healthful, and sanitary condition, and that is not open to inspection by the Board of Health or the milk inspector at all times.

4. No milk shall be produced, kept, sold or offered for sale in the Town of Arlington unless it has been strained, mixed and cooled immediately after it is drawn from the cow. Said milk shall not be strained, mixed or cooled in any room which is not provided with tight walls and floor of such construction as will allow easy and thorough cleaning, or which is not kept constantly clean, or which is occupied by horses, cows or other animals; or in any building which is used in whole, or in part, for domestic or sleeping purposes, unless the storage room for milk is separated from the other parts of the building, and provision made for the exclusion of outside dust and flies, to the satisfaction of the Board of Health.

5. Milk kept for sale in any shop, restaurant, market, bakery or other establishment shall be stored in a covered cooler box or refrigerator. No vessel containing milk for sale shall be allowed to stand outside of said cooler box or refrigerator, except while a sale of said milk is being made. Every such cooler box or refrigerator shall be properly drained, cleansed and cared for, and shall be kept tightly closed except during such intervals as are necessary for the introduction of milk or ice; and shall be kept only in such locations as shall be approved by the Board of Health.

6. The milk inspector shall, under the direction of this Board, investigate and take samples to determine the quality of the milk sold, offered or exposed for sale, or intended for sale in this town; and he shall make, or cause to be made, examinations and inspections thereof, to ascertain whether or not adulterated or impure milk is sold, kept, offered or exposed for sale, or intended for sale in said town contrary to the statutes of this Commonwealth or to the provisions of these rules and regulations. He shall visit dairies supplying milk in, and to the inhabitants of, the Town of Arlington, and all places where milk is stored, kept or offered for sale, as often as deemed necessary by this Board; and he shall report the conditions thereof at the time of such inspection, in writing, to this Board. He shall act as agent and prosecuting officer for the Board of Health in all matters pertaining to milk.

7. All cans, bottles or other vessels of any sort used in the production, storage, sale or distribution of milk in this town shall be cleaned and sterilized with boiling water or steam before they are again used for the same purpose; and all cans, measures or other utensils made of metal shall be kept free from dents and rust, and there shall be proper appliances for washing all utensils used in the production, mixing, storage, sale or distribution of milk; and all such utensils shall be washed, cleaned, and sterilized with boiling water or steam, regularly after being so used.

8. The water used in washing apparatus and

utensils must be from a public water supply, or if from any other source, its use must be subject to the approval of the Board of Health.

9. No milk shall be brought into or carried within the Town of Arlington for the purpose of sale, which has been carried upon any wagon or vehicle which is not clean and free from offensive odors, or upon which swill, refuse, garbage or decaying, unwholesome or filthy matter is carried.

10. No person, by himself, or by his servant or agent, or as the servant or agent of any other person, firm or corporation, shall, in the Town of Arlington sell, exchange or deliver, or have in his custody or possession with intent to sell, exchange or deliver, any milk, skimmed milk or cream which contains more than 500,000 bacteria per cubic centimeter, or any pathogenic micro-organism, or the temperature of which is in excess of fifty degrees Fahrenheit.

11. Every person engaged in the production, storage, transportation, sale, delivery or distribution of milk for sale in this town shall notify the Board of Health immediately on the occurrence of any case or cases of infectious disease, either in himself or his family, or among his employees, or their immediate associates, or within the building or premises where milk is stored, sold or distributed, and at the same time shall suspend the sale or distribution of milk until authorized to resume the same by the Board of Health. No vessel which has been handled by a person suffering from a disease, or which is on the premises of a person

in whose family or household infectious disease exists, shall be removed to hold or convey milk until it has been thoroughly disinfected and sterilized under the supervision of an agent of the Board of Health.

12. Bottles or other milk containers shall not be left with any family in which there is any contagious disease, but milk may be delivered to such families by pouring into vessels furnished by said families. No bottle or other container, previously left with any family in which a contagious disease occurs, shall be removed therefrom, except with the consent of the Board of Health in writing.

13. For the purpose of enabling the Board of Health to carry out and enforce the provisions of these rules and regulations, the milk inspector, acting as the authorized agent of, or any other qualified inspector or agent of the Board of Health, or any member of said Board shall, at all times, have free access to all barns, stables, dairies, creameries, stores, wagons, and all other buildings or premises in which cattle are kept from which any part of the milk supply of the Town of Arlington is obtained, or in which milk is received, kept, bottled, canned or offered for sale, for the purpose of making inspection of said premises, cattle, vehicles, cans, vessels, measures, and other utensils used in conducting the handling, sale, and delivery of milk, and for the purpose of taking, for analysis or other tests to determine its quality, samples of milk kept, or intended for sale in the Town of Arlington.

14. Whoever tests milk or cream, which is to be offered for sale, in any form, by tasting, shall do so by means of a spoon, or piece of wood, paper, cardboard or other article, and such spoon, piece of wood, paper, cardboard or other article shall not again be brought in contact with the milk intended for sale, or be used for testing milk until after being thoroughly washed and sterilized. No person shall permit his hands, fingers, lips or tongue to come in contact with milk intended for sale in any form. All persons engaged in the tasting, miving or handling of milk for sale in any form, shall, before engaging in such tasting, mixing or handling, thoroughly clean his hands and finger nails, and keep them clean and dry during such tasting, mixing or handling. No person shall permit his hands, while wet, to remain or pass over any open vessel containing milk intended for sale in any form. No person shall fill a jar, can or other receptacle with milk while the aforesaid jar, can or other receptacle is held over an open vessel containing milk intended for sale in any form. No person who has sore throat, diarrhœa, or is suffering from any other disturbance of the bowels, or has symptoms of infectious or contagious disease, who has been directly exposed to any infectious or contagious disease, shall engage in the handling of milk which is to be offered for sale, or which is for sale.

15. No urinal, water-closet or privy shall be located in rooms in which milk is handled, or so situated as to pollute the atmosphere of said rooms.

16. Dealers in milk are prohibited from allowing any person, or persons, not in their employ, to loiter about the milk room or handle any vessel or utensil used in the sale and distribution of milk.

17. Every person, firm or corporation in the Town of Arlington engaged in the sale, delivery or distribution of milk from dairies, shall, upon request from the Board, certify that the above rules are complied with by said dairies.

18. All persons engaged in the sale of milk, cream, skim-milk or buttermilk having the possession or custody of a bottle, can or other receptacle used in the sale, delivery or transportation of milk, cream, skim-milk or buttermilk, shall cause each such bottle, can or receptacle to be cleaned immediately after the same has been emptied, and no such person shall deliver, receive or have in his possession or custody any such bottle, can or receptacle so used which has not been cleaned as aforesaid.

19. No person or corporation shall sell or offer, expose or keep for sale in any shop, store or other place, milk or cream, unless the same is sold or offered, exposed or kept for sale in tightly closed or capped bottles or receptacles. Nothing contained herein shall prevent the sale of milk or cream from cans, crocks, coolers or other receptacles in restaurants, hotels or at soda fountains, when the milk or cream is to be consumed in the restaurant or hotel, or at soda fountains, by guests or patrons ordering the same.

20. No person or corporation engaged in the

business of selling or delivering milk or cream, shall fill bottles or other receptacles with milk or cream on any public way. No such person or corporation shall fill any bottles or other receptacles with milk or cream in any place not previously authorized by the Board of Health. Such person or corporation shall immediately upon receiving a written order from the Board of Health so to do, comply with any requirement of said Board respecting the filling of milk or cream in bottles or receptacles, the manner or method employed in such filling, or the conditions and surroundings under which such filling is done or carried on.

## CHAPTER XV.

### Foodstuffs — Protection and Sale.

Section 1. The conveying through the streets of the Town of Arlington, or the exposing in front of stores or other places, of meat, fowl or fish intended for human consumption, unless so covered that the same cannot be contaminated by flies, dust, mud or filth, is hereby prohibited.

Section 2. The exposing of fruits, vegetables or other foodstuffs intended for human consumption, outside of stores, markets or places of sale, is hereby prohibited, unless the stand or bottom of the container is at least two (2) feet above the sidewalk.

Section 3. No foodstuffs intended for sale shall be kept in any room used for living or sleeping purposes.

SECTION 4. No meat or dead animals above the size of a rabbit shall be taken to any public or private market to be sold for human food until the same shall have been fully cooled after killing, nor until the entrails, head and feet (except of poultry and game and except the heads and feet of swine) shall have been removed.

SECTION 5. No person shall expose, sell or offer for sale for human consumption any breadstuffs, cake, pastry, candy, confectionery, dried fruits or shelled nuts outside of any building or in any open window or doorway, or any alley, street, sidewalk or thoroughfare, unless such food is properly protected from flies, insects, dust, dirt, and other foreign or unwholesome material by suitable coverings.

SECTION 6. No person shall offer for sale or have in his possession with intent to sell in this town any tainted, diseased, corrupted, decayed or unwholesome article of food.

SECTION 7. Any tainted, diseased, corrupted, decayed or unwholesome article of food found in this town shall be destroyed by the person having it in possession or otherwise disposed of as the Board of Health or its agent may direct.

SECTION 8. No person shall cart, carry, or otherwise convey through the streets of the Town of Arlington, the body of any animal or any part thereof, which is to be used as human food, unless it be so covered as to protect it from flies, dust and dirt.

## CHAPTER XVI.

### Ice Cream and Ice.

Section 1. No ice cream shall be manufactured or stored in any portion of any building which is used for the stabling of horses or other animals, or in any building used in whole or in part for domestic or sleeping purposes, unless the manufacturing or storage building for ice cream is separated from other parts of the building to the satisfaction of the Board of Health.

Section 2. All rooms in which ice cream is manufactured or stored shall be provided with tight walls and floors, and kept constantly clean. The floors and walls of said rooms shall be of such construction as to permit rapid and thorough cleansing. The room or rooms aforesaid shall be equipped with appliances for washing or sterilizing all utensils employed in the mixing, freezing, storage, sale or distribution of ice cream, and all such utensils after use shall be thoroughly washed with boiling water, or sterilized by steam.

Section 3. No person shall employ as a container for other substances than ice cream, any vessel used in the manufacture and sale of ice cream.

Section 4. No person shall use a utensil of any kind or description in the service or sale of ice cream, unless said utensil is washed in boiling water or sterilized at least once a day, or oftener if necessary, and no person shall use his fingers or hands

to remove particles of ice from inside any vessel containing ice cream intended for sale.

SECTION 5. All establishments in which ice cream is manufactured shall be equipped with facilities for the proper cleansing of the hands of operatives; and all persons immediately before engaging in the mixing of the ingredients entering into the composition of ice cream, or its subsequent freezing and handling, shall thoroughly wash his or her hands, and keep them clean during such manufacture and handling. All persons shall be dressed in clean outer garments while engaged in the manufacture and handling of ice cream.

SECTION 6. No urinal, water-closet or privy shall be located in the rooms mentioned in the preceding article, or so situated as to pollute the atmosphere of said rooms.

SECTION 7. All vehicles used in the conveyance of ice cream for sale or distribution shall be kept in a cleanly condition and free from offensive odors.

SECTION 8. Ice cream kept for sale in any shop, restaurant or other establishment shall be stored in a covered box or refrigerator. Such box or refrigerator shall be drained to the satisfaction of the Board of Health, and shall be kept clean and tightly closed, except during such intervals as are necessary for the introduction or removal of ice cream or ice. Said box or refrigerator shall be kept only in such locations and under such conditions as shall be approved by the Board of Health.

SECTION 9. Every person engaged in the manufacture, storage, transportation, sale or distribution of ice cream, immediately on the occurrence of any case or cases of infectious disease either in himself or in his family or amongst his employees, or within the building or premises where ice cream is manufactured, stored, sold or distributed, shall notify the Arlington Board of Health, and at the same time shall suspend the sale and distribution of ice cream until authorized to resume the same by the said Board of Health.

SECTION 10. No person shall use to hold or convey ice cream any vessel which has been handled by a person suffering from contagious disease, until said vessel has been thoroughly sterilized.

SECTION 11. All cream, milk or skimmed milk employed in the manufacture of ice cream, shall before use be kept at a temperature not higher than fifty degrees Fahrenheit.

SECTION 12. No person, by himself, or by his servant or agent, or as the servant or agent of any other person, firm or corporation, shall in the Town of Arlington sell, exchange or deliver any ice cream which contains more than five hundred thousand bacteria per cubic centimeter.

SECTION 13. No old or melted ice cream, or ice cream returned to a manufacturer from whatever cause, shall again be used in the preparation of ice cream.

### Ice.

Section 14. No person, by himself or by his servant or agent, or as the servant or agent of any other person, firm or corporation, shall in the Town of Arlington sell, exchange or deliver, or have in his custody or possession with intent to sell, exchange or deliver any ice from polluted sources, or ice which upon chemical or bacteriological examination shows evidence of sewage contamination, either by the presence of sewage bacteria or of excessive "ammonia" ("free or albuminoid"), or of "nitrites", or which is visibly polluted or soiled by dirt, or ice in or upon which there is any visible foreign matter, or ice which has been handled with dirty hands or implements.

## CHAPTER XVII.

### General.

Section 1. Every street railway passenger car (closed) operated in Arlington shall, while so operated, be properly ventilated.

Such cars shall be thoroughly aired at the end of each round trip.

Every such car shall be thoroughly cleansed at the end of each day's service, and shall be disinfected once each week.

These regulations shall be posted in a conspicuous place in all car houses in Arlington.

Section 2. The Board of Health hereby adjudges that spitting upon the floor, platform or any

other part of a public conveyance; upon the floor, steps or stairs of any public building, hall, church, railway station or shop; upon the sidewalk of any street, court or passageway; or upon the pathway of any park, square or common, is a nuisance, source of filth and cause of sickness, and prohibits spitting in any and all such places.

SECTION 3. No person or persons shall conduct a "rummage sale" in any dwelling or any other building in this town without a permit from the Board of Health.

SECTION 4. No person, firm or corporation, by himself, or by any agent or employee, shall distribute or leave from house to house in this town any sample of medicine or other substance containing any drug, without a permit from the Board of Health.

SECTION 5. The clerk of this Board is hereby made its agent for the purpose of issuing burial permits as authorized by law and these regulations.

## CHAPTER XVIII.

SECTION 1. Whoever violates any of these regulations shall forfeit a sum not exceeding $100, except when otherwise provided by law or by these regulations.

LAURENCE L. PEIRCE, M. D. V.
GUY E. SANGER, M. D.
ALFRED H. KNOWLES.

*Board of Health for the Town of Arlington.*

The foregoing is a true copy from the records of the Board of Health of the regulations adopted at the meeting of said Board held the sixth day of May, nineteen hundred and fourteen.

Attest:

JOHN E. ROBINSON,
*Clerk of the Board of Health.*